

# BE WELL CLEANSE

## SHAKES

The Be Well Cleanse shakes are a vegetarian pea protein combined with vitamins and minerals, along with added herbs that support liver function, which is our main detoxification organ. They also contain added fiber that promotes proper elimination and detox.

## SUPPLEMENTS

### GI HERBAL

This supplement is a blend of herbs and botanical extracts that defend against bad belly bacteria, one of the root causes of digestive system imbalance. Improving microbial balance creates a healthier digestive environment which is critical for improved long term health, immunity and vitality.

### DIGESTIVE ENZYME

This plant based blend supplies the most important enzymes for good digestion and proper vitamin and mineral absorption.

### L-GLUTAMINE

Glutamine is a “super” amino acid which is concentrated in the brain, skeletal muscles, gut lining, lungs, heart, kidneys and liver. It provides a dynamic source of fuel for the whole body and supports overall health with its huge range of benefits. It can also be helpful to combat sugar cravings.

# CLEANSE EATING PLAN

## FOODS TO EMBRACE

## FOODS TO AVOID

### VEGETABLES

Variety of vegetables—leafy greens, sea vegetables, fermented vegetables. Ideally local and/or organic. Limited amounts of starchy vegetables—squash, sweet potato, root veggies.

Corn, Nightshade veggies—tomato, potato, eggplant, peppers. Canned vegetables.

### FRUITS

Low sugar fruits—berries, green apple, papaya, grapefruit.

Tropical fruits—mango, pineapple, banana. High sugar fruits—watermelon, cherries, grapes, figs. Fruit juice. Dried fruit.

### ANIMAL PROTEINS

Organic, pasture raised and/or grass fed beef, poultry and other meats. Wild game, organ meats, tallow. Collagen powder.

Eggs. Corn-fed, factory farmed meats. Processed meats—cold cuts, sausage, hot dogs.

### SEAFOOD

Wild caught fish, seafood and shellfish. Sustainably raised seafood.

Farmed fish. Large fish such as tuna and swordfish.

### GRAINS

Eliminate completely. Vegetarians may have limited amounts of gluten free grains—quinoa, white, brown and wild rice, millet, buckwheat, amaranth.

All gluten and grain containing grains, flours and foods—wheat, barley, rye, quinoa, millet, rice. Corn and cornmeal. Gluten free flours and products.

### BEANS, LENTILS, AND LEGUMES

Eliminate completely. Vegetarians may have limited amounts.

All beans, lentils and legumes. Soy beans and soy products.

### NUTS AND SEEDS

Raw or dry roasted nuts and seeds. Unsweetened nut and seed milks.

Peanuts.

### DAIRY

Grass fed butter and ghee.

Cows, sheep and goats milk products. Cheese, yogurt, cream cheese, cottage cheese, non dairy creamers, powdered milk.

### SWEETENERS

Small amounts of stevia or monk fruit.

Refined sugars, added sugars, artificial and natural sweeteners. Honey, agave, maple syrup.

### BEVERAGES

Water, herbal tea, seltzer, sparkling water, vegetable-only juices. Coffee in moderation. Bone broth.

Soda, sweetened drinks, fruit juice, energy drinks. Alcohol.

### FATS AND OILS

Good quality oils— especially olive, coconut, and avocado. Grass fed butter and ghee, lard and tallow. Cold pressed seed oils—hemp, flax and chia. Others including coconut butter, olives, avocado and coconut products.

Processed seed and vegetable oil—canola, sunflower, safflower, grape seed, corn, soy.

### OTHER

Raw cacao. Herbs and spices. Cleanse-approved sauces, dressings and condiments. (Coconut Aminos, grain mustard, etc.). Vinegar (apple cider, balsamic, red wine).

Sauces, dressings and condiments containing any of the above. Energy bars. (soy sauce, ketchup, mayonnaise, bbq sauce, etc.)

## HOWTOBEWELL